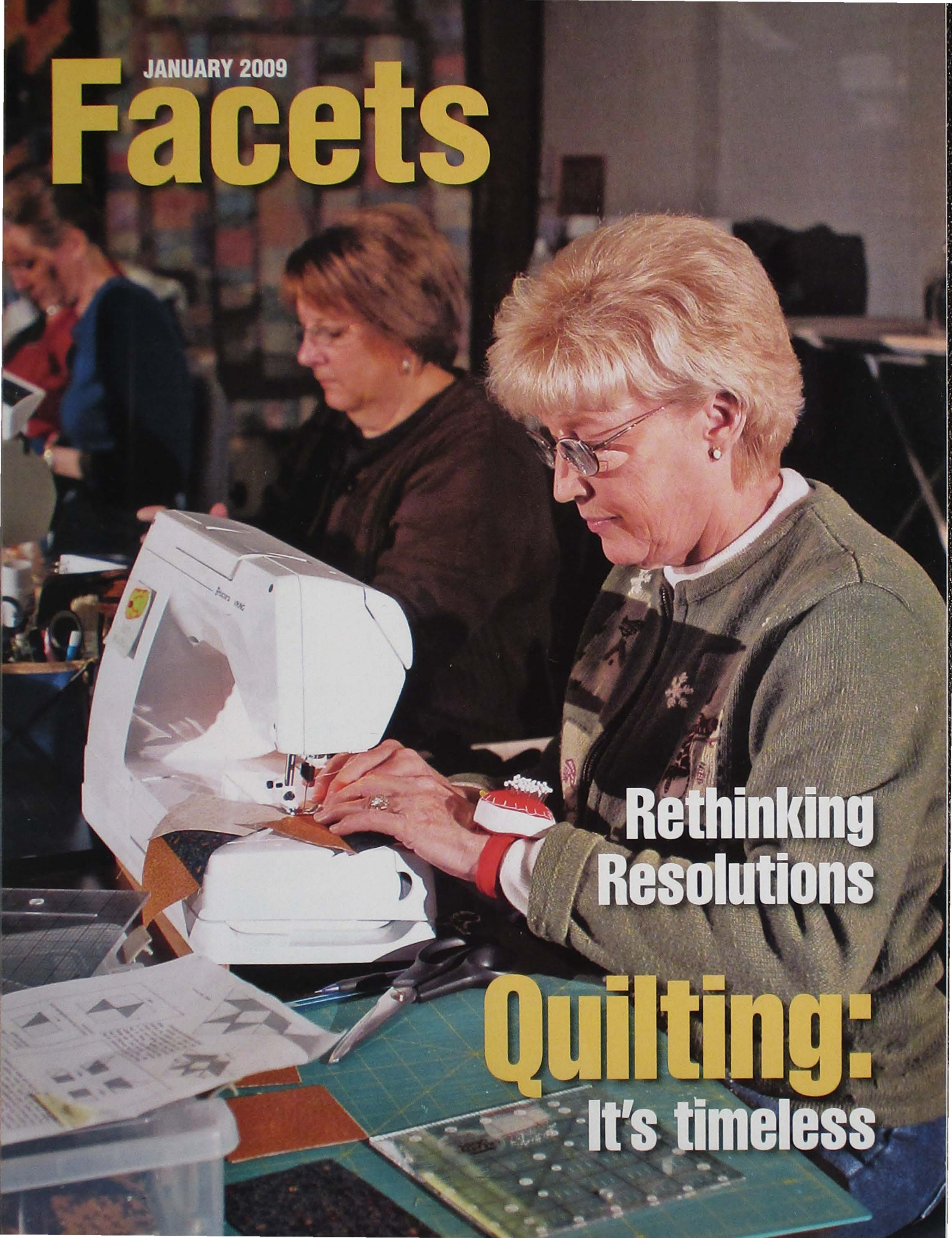


JANUARY 2009

Facets

Rethinking
Resolutions

Quilting:
It's timeless





3800 W Lincoln Way 292-5580 | 640 Lincoln Way 232-1961

meet our registered dietitian

at your West Ames & Lincoln Center Hy-Vee

Services Include:

- Individualized nutrition counseling
- Personalized shopping assistance
- Supermarket tours
- Group nutrition classes
- Diabetes education
- Food allergy and intolerance information
- Group seminars in our store and throughout the community
- Recipe demonstration
- Cooking classes
- Simple Supper Solutions

Amy is here to help you achieve a healthier lifestyle! For more information about the dietitian services and events, stop by the pharmacy or call (515) 450-0508.

.....
Amy Clark RD, LD



WELCOME TO Facets

Facet - 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FACETS IS A PUBLICATION OF THE TRIBUNE

(515) 232-2160 • 317 5th St., Ames IA 50010

In this issue

4 NOTES FROM THE NEWSROOM

5 FITNESS

Begin with the end in mind.

6 QUILTING

It never goes out of style.

Cover photo: Kathy Sturtevant, of Woodward, quilting at Quilting Connection on Main Street in Ames. Photo by Ronnie Miller.

7 BOOKNOTES

A review of the book "Dewey."

9 THE TRIP UP THE MOUNTAIN

Writer recounts 'harrowing' journey.

10 TRA-LA-LA-LA-LA

Resolved to be happy.

11 JANUARY CALENDAR

A list of what's going on in Ames.

14 FOOD BITES

Resolved to eat healthy in 2008.

16 A GIRLFRIEND'S GUIDE TO FINANCIAL INDEPENDENCE

Bring on the New Year...We are ready for a change.

18 RETHINKING RESOLUTIONS

Make positive changes for a healthier year.

20 A FACETED WOMAN

Meet Jayne McGuire.

21 SKIN CARE

Don't forget your vitamin D.

21 WHAT IS TMJ?

Joint disorder can be managed.

22 HUE & CRY

Learning to relax.

What is your Profession?

Banker *Manager*
Chef *Teacher*
Farmer **Sales**
Accountant
Research

My profession is
**YOUR financial
future**

***because life is...
More Than Money***



Karen L. Petersen, CFP®

2613 Northridge Pkwy
(Somerset)

515.232.2785

Karen@myMoreThanMoney.net

*Registered Representative Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC
Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.

Notes from the newsroom



The cover story this month is about taking up a new craft in 2009, with quilting as the featured craft.

I have to admit, I chose quilting for personal reasons. If you've read my columns within these

pages over the past several months, you know by now that I'm not a crafty person by any stretch of the imagination. However, I do feel, with an open mind and due diligence, I could learn how to quilt. And it's not because I think quilting is easy or any less challenging than other crafty skills such as knitting, crocheting or sewing. Of course it's challenging, and more than likely, if I take up quilting, it's not like I'll be a master quilter anytime soon, more like never. But it's a craft I think craft-challenged people like me could become good at, maybe not great, but good. To get started, all I need is a straight stitch, a rotary cutter, a mat, a ruler, and a desire to learn.

Last June during our family trip to Utah, my mother-in-law's sister, Rosemary, a quilter for many years, exposed my oldest daughter to quilting. By the end of our trip, Rosemary and Katharine had made a small, beautiful quilt. Then Katharine went back for a visit by herself in mid-August and came back with another beautiful quilt she and Rosemary made. My daughter really seemed to like quilting. So I started thinking, "Maybe I could learn how to do this and my daughter and I could make a quilt together."

This admission, for me, is progress. I'm the mom who volunteers to bring snacks to my daughter's Brownie meeting instead of the craft because doing anything crafty, especially with a bunch of 6-year-olds looking to me for guidance, completely freaks me out. I'm the mom who takes her daughters' and husband's clothes to my mother so she can fix them if there's a rip or a button falls off. In fact, my inability to want to learn how to even sew a button back on a shirt or pair of pants is a huge point of contention between my mother and me. "What are you going to do when I die," she asks. I tell her I'll either have them mended

at a shop, throw them out, or, heaven forbid, learn how to mend them myself. The last option is in the list mainly for my mother's benefit. I've made it this long without learning to sew, so I figure why start now.

But quilting is another story. Thinking about learning how to quilt doesn't make me nervous. OK, maybe a little nervous, but it's a manageable amount. And the benefits of learning to quilt are several. My daughter and I could have some one-on-one time, something that's been in short supply ever since Rachel joined us in February 2006. There's also the part about creating something that I can truly tout as handmade. If I actually learn how to quilt, I might even have to stop calling myself craft-challenged. And then there's the greatest benefit, my mom would stop looking at me with pity in her eyes every time I bring clothes over for her to mend. However, the problem with this is she'll probably expect me to do my own mending. Now that's a downside I didn't think of.

—Mary Halstrum, *Facets* editor

NORTHCREST community *A True Life-Care Retirement Community*



Start the new year off right! Keep your... Retirement Resolutions

- I will choose the kind of retirement I want to have now, so my family will not have to choose for me later.
- I will not give up things I love to do...shopping, visiting, volunteering, social events—just because of a little snow.
- I will take advantage of every opportunity, service, activity, and pampering offered—because I deserve it!
- I will make decisions that will allow me to remain independent, strong, and physically & financially safe.

*Live your life ♦ Live your way
Live at Northcrest*

For a personal visit, call (515) 232-6760

1801 20th Street ♦ Ames ♦ www.northcrestcommunity.org

[FITNESS]

BEGIN

WITH THE END IN MIND

By DEBRA ATKINSON

• RESOLVE

The life that a Resolutionist can paint for him or herself can be interesting indeed. All problems will disappear. Life will be so much easier, if not perfect. It's all just a matter of getting the house clean, the debt paid down, the weight off, the clothes better, and then a better person will immerge. As if.

• SMILE

If when you lose the weight you'll be happy, start smiling now. Research shows that when you smile not only do others benefit, but you do. The smiles in response to yours aren't even necessary. Chemical changes in your brain happen when you smile.

• GIVE

If when you reach the pinnacle of your career you'll give back, start returning favors now. Volunteer regularly. Give generously of your time. Give something you feel. Be real about it, if only because you'll know. If you cleaned your closet for flood victims and boxed clothes and toys for charity, were you really giving? Or were you just creating more space for more stuff that you want next? It's important to answer honestly not because anyone else will know, but because you'll know. If you supported a charity, did you really or did you buy something more that you wanted anyway and the giving was someone else giving their share? You'll know.

• FIX

If you'll have more friends when you're thin, start being a better friend to someone else now. If you were at the end, and you never know until it's too late, would you have regrets about things said, done or left unsaid and undone? Make it right now.

• ASK

If you'll have more wisdom when you age, start making smarter choices now.

As you age you may notice a willingness to ask for help from others who know things you don't. Is it presumptuous of you to think that you can share volumes of knowledge about your own niche, and yet are not willing to ask it of others? You needn't know it all when it's available to you in the form of another service. If you're not getting results or benefit from what you're doing, ask. Others benefit from being able to help and invited to be of value. It may be what you can give someone today.

• MOVE

If you'll wish you took better care of your body when you were younger, start now while you're younger than you will be tomorrow. Authors claim from the age of 50 to 70 you will either begin to decline more rapidly or you will plateau and only decline more rapidly in the event of severe illness or injury. Those who have kept up on their physical maintenance — neither over-or-under doing it — will be best off. But it's never too late to improve the odds.

• RETHINK

If you think it will get easier when you get in better shape, stop thinking it's hard.

An athlete's attitude about exercising to be their best is something anyone can acquire. Working hard may never stop being appropriate for you. Your tolerance of it will change. If you continue to think "hard" is an evil word, your taste for it will remain out of reach.

• ACT AS IF

Your to-do list this New Year's? It's short. Resolve. Smile. Give. Fix. Ask. Move. Rethink. Your thoughts become what you do. Those actions become your habits. Your habits become your health, wealth and life next year at this time of self-reflection and evaluation.

Thinking that life will be someday close to perfect? Act as if it already is and watch what happens.



Make Reiman Gardens a Holiday Tradition

See an amazing floral display based on Charles Dickens' *A Christmas Carol*. Visit the Gift Shop with items for the gardening enthusiast.

REIMAN GARDENS
IOWA STATE UNIVERSITY

1407 University Blvd.
Ames, IA 50011
www.reimangardens.com
515-294-2710



Randie Bartleman, right, and Lynne Ollendike, both of Polk City, create quilts at the Quilting Connection on Main Street in Ames.

Photos by RONNIE MILLER/Facets

QUILTING

never goes out of style

By MARY HALSTRUM, *Facets* Editor

*J*eanne Allen, owner of the Quilting Connection, grew up on a farm in southwest Iowa. She learned how to sew around the age of 10, making clothes for herself out of necessity because she couldn't afford the prices at the local clothing store.

After getting married, Allen did custom sewing and alterations while holding down a full-time office job. After several years of doing both, she and another woman decided to open their own business. When the woman changed her mind, Allen's husband, Larry, encouraged her to do it anyway.

"I've always done quilting and crafting for my own, personal enjoyment," Allen said.

The Quilting Connection opened in 1998 at 326 Fifth St., now home to John's Natural Foods. After outgrowing its original location, the business relocated across the street. Then, in the summer of 2003, the Quilting Connection moved to its current location at 238 Main Street.

While Allen possesses a wealth of experience and knowledge in sewing and quilting, she said anyone can quilt if they have four pieces of equipment: a straight stitch, a rotary cutter, a mat and a ruler, along with a desire to learn.

"With very little equipment and knowledge, you can get started on your first quilting project," she said. "We really like quilting because we're not trying to fit a body."

According to *Quilting in America 2006*, there are about

27.7 million quilters in the United States, a nearly 100 percent increase from the 14 million quilters reported in 1997. With each quilting household spending an average of \$172.29, the estimated total dollar value of the quilting industry in the U.S. is around \$3.3 billion.

Mardy Baenziger, 63, a former Iowa State University professor in civil engineering, took up quilting about four years ago during her recovery from a stroke.

"It's sort of a different animal. I love colors and the creativity of putting patterns and designs together," Baenziger said. "It's my passion."

Even though Baenziger suffers from double vision as a result of her stroke, she has been able to learn different techniques to aid her in her quilt making, giving credit to the staff at the Quilting Connection and the classes offered at the store.

"The class really gives beginners a sense of satisfaction when they finish their project," Baenziger said.

Classes are available at the Quilting Connection for all skill levels. The beginning class cost \$35 and students are provided with a book and 10 hours of instruction.

However, Allen said classes aren't for everyone as some quilters prefer to work on their own. And every Friday beginning

at 9 a.m. quilters can work on their projects in the basement of Quilting Connection.

"We encourage people to bring their fabric stash," she said, referring to the scraps quilters end up with after making so many different projects.

Quilting gives Baenziger a feeling of "creating something," and something to look forward to doing when she wakes up in the morning.

"Quilting is a good hobby. It sits there very nicely until I'm ready to work on it," she said. "I don't have to water it, walk it, or feed it."

Baenziger said she doesn't regret having a stroke.

"I consider the stroke a stroke of good luck. I would have never encountered

quilting otherwise," she said.

Allen belongs to the American Quilter's Society and recently attended the 2008 AQS Quilt Expo & Contest in October in Des Moines, which drew thousands of quilters.

Allen said the Quilting Connection's business hasn't suffered in spite of a struggling economy. In fact, a poor economy tends to help a store like Allen's.

"Creative people still need an outlet," she said. "This year might be more of a homemade, handmade Christmas."

"Quilting is a good hobby. It sits there very nicely until I'm ready to work on it," she said. "I don't have to water it, walk it, or feed it."

CLEARANCE SALE

**Now In Progress On
The Brands You Love**

**Alfred Dunner • Woolrich
Fr. Dressing • Tribal
Koret • Graff
City Girl**

Holly's
Holly Larson, Owner

701 Story Street • Downtown Boone • (515) 432-8606

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-5:30	9-5:30	9-5:30	9-8	9-5:30	9-5




The Left Bank Studio
and Jo Meyers-Walker Present...

"A Taste of Tuscany"
at **LUCULAN'S Italian Grill**

Tuesday, January 6, 2009
5:00pm-8:00pm
and monthly thereafter!

- 2 hours of wine and watercolor demonstrations and painting for the artistically undiscovered. (art supplies included)
- Colorful meal of Lemon Chicken with Orecchiette designed by Chef Mark Kassis

Call for reservations 233-1405 or email jomyerswalker@gmail.com

[BOOKNOTES]

'Dewey'

touches many hearts

By MARISA MYHRE

This month I chose a book many people have come in to purchase as a gift for the hard-to-shop-for people in their lives. It also happens to be one of the most popular books around right now.

Vicki Myron, a librarian from Spencer has found an incredible amount of success locally and across the nation with her book, "Dewey."

It is, on the surface, the story of a cat found in a library drop box. Vicki Myron is the librarian that finds herself in charge of the abandoned and frostbitten animal. She is "mommy" to a cat adopted by the town of Spencer.

But there is a lot more in the book. Myron writes beautifully about Iowa. She discusses in the opening, and continues to bring up throughout the book, the views of Iowa. The corn, the blistering cold, everything about the farms and downtowns deserves comment throughout the book. It's as much about the beauty of Iowa as the cat.

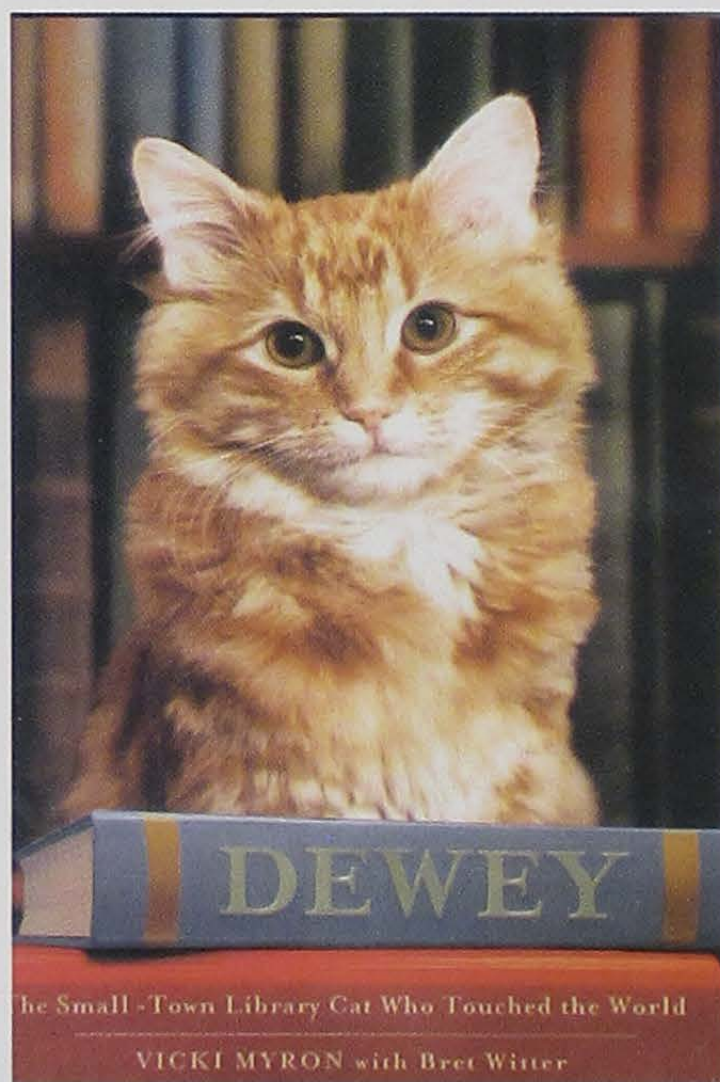
She writes about the town of Spencer, bringing it to life. She recounts the history of the town with a pride most Iowans would find familiar. She talks about the downtown burning and the pride of the people in the town as it was rebuilt. She tells where the library came from. She recounts the farm crisis and the part that the library played in trying to help people get back on their feet.

It is also her story. Woven in is the story of a single mom working to get a degree and renovate the library while battling health issues all at once. It is about a broken marriage and a difficult relationship with her daughter. It is about good times with her family and hard times with them as well.

All of this is held together with the story of a cat.

It helps, and even Myron admits this, that Dewey has a great story. Shoved through a tiny library return slot on the coldest January night during that year. Left in a cold box with books and a direct windy line to the slot propped open with a book,

Myron reveals that the cat is so cold his little paws tucked underneath him were so frostbitten they peeled off. The kitten was cold to the touch before Myron put him into a warm bath and wrapped him close.



Still, the ball of fur, as soon as it had been bathed and cuddled into warmth, was toddling around on those damaged pads to love on all of the library staff.

But it wasn't being cold or abandoned or cute that made the cat what he was. It was the attitude he showed.

Now I will admit I'm not a cat person. I'm an animal person in general, but I'm a dog person. If you put a cat in my lap, I'll pet it and enjoy it, but I like the devotion of a dog better than the aloof attitude I usually

get from cats.

Still I, as many people around the country seem to be doing, fell for Dewey Readmore Books, as the library contest named him. Myron tells of the way the cat had with people. The way he would approach the patrons of the library and find the lap where he could do the most good. He befriended widows and businessmen alike. He learned to handle a room for children and grabby toddlers. He had groups looking for him at every meeting.

But he's a normal cat in a lot of ways. He finds the joys of running on lights and decides he must find a way up there. He plays with yarn. He works tirelessly to devour rubber bands.

He is also the king of the library. Riding carts, greeting people at the door, seeing to the handicapped groups, hiding in bookcases, posing for pictures and camera crews as his fame spreads, Myron tells how Dewey took his job as library cat and Spencer city representative seriously.

One warning: the end is a bit depressing. I think most people know, Dewey dies at the end of the book. He is 19 years old and it's not exactly unexpected, but much like Myron, I wanted to put that moment off and believe it wouldn't happen. And despite her brave words at the end of the book, you're attached to the animal. Myron suffers a great deal of personal and family tragedy that she recounts leading up to Dewey's death.

But that's what makes the book real. With the farm crisis, her marital worries, health troubles, and family struggles with Iowa sprinkled in, this is a book that will speak to almost any audience, but I think most especially Myron speaks to a more mature female group, and most especially to her fellow Iowans.



The trip up the mountain

By PEGGY BEST

Three years ago my mom, then 84, and I made our yearly trek to Durango, Colo., to visit my son, Beau. Beau moved to Durango to attend Fort Lewis College, fell in love with Colorado and has since made it his home. He had just purchased a used Mitsubishi Montero – and when I say used, I mean USED. The check engine light was permanently on, one of the windows didn't go all the way up, and it dripped enough oil to keep the dust down on his driveway. Oh yes, and reverse didn't work. But it was a four-wheel drive, "a necessity for mountain driving." He was so proud of this vehicle and so excited when mom and I flew out to visit him he couldn't wait to take us for a spin in the mountains.

Just to set the record straight, I was born in Iowa for a reason. I'm a flatlander and ditches are enough of a drop-off for me. Mountain driving is in no way fun for me, as my husband can attest to when he drove us up Pike's Peak on our honeymoon and I screamed the entire way up and the entire way down. Or I should say mountain "riding," as driving for me is almost impossible.

Back to the trip with mom to Durango — I tried to be brave and asked if I could try driving? I drove for the first 10 miles outside of Durango, which was a four-lane divided, paved highway with guardrails. I couldn't do it, and had to pull over to let my son drive. He said "Mom, how many times do you just drive off the road in Iowa?" "None" was my reply. "Well, what makes you think you'll drive off these roads?" Hmm, at what point did he become such a smarty pants anyway?

Our tour of the mountainside took place on a beautiful day with the bluest sky and a clear, crisp, chill in the air. Beau's dog, Arthur Brown (yes, he has a last name), joined us and Arthur Brown and I sat in the back seat (after I gave up the driver's seat) and Beau and mom rode up front. My

vantage point from the back seat seemed to be slightly less frightening. Our tour took us past Engineers Mountain and another pass up to Silverton. That's when it got really interesting. The road was reduced to two lanes and the guardrails disappeared. The drop-offs were several thousand feet. My grip on the dog intensified, and suddenly we came to a stop. The road ahead was closed for brief periods of time so loose rock from above could be blasted off the cliffs. Apparently we were in a rock slide area and the workers blast the rocks loose in a controlled setting. We watched as the blasting occurred. Then a crew used endloaders to push the rocks over the side as we watched them tumble two miles down the mountain. Beau, of course, was standing right on the edge looking over. I glanced a few times, then got back in the vehicle to regain my senses — now realizing not only did I have to worry about falling off the mountain into the vastness below, but also being squashed from above by giant rocks. OK, this was really becoming no fun at all. The entire time, my mom was quite engaged in the rock blasting and thought it was just the most entertaining thing she'd ever seen.

Finally, it was time to pass by the rock slide, I was now hiding under the dog, but we made it through OK. Beau was telling us that just past Silverton a few miles is an old deserted goldmine and now that he had four-wheel drive, he could drive us to it. I spotted a public restroom and asked Beau to stop so mom and I could run inside. "I don't have to go," replied mom. "Yes, you do!" I replied back.

Once inside, I told mom that I was really afraid because of Beau's statement about having a need for four-wheel drive for the remainder of our trip up the mountain. So I told her of my plan. First, I didn't think that Beau was taking me very seriously about the dangers of mountain driving. I even told mom that once when I asked him to slow down for a curve, I think he even sped up!

Mom just smiled her sweet smile at me and let me continue on. I told her that since he wouldn't listen to me, surely he would listen to her. So the plan was if I got scared, I was going to tap her on the shoulder, then she would know to tell Beau that she was scared and he would turn around. You know, mothers protect their children whenever their children feel they are in harm's way, so I knew she would do anything to save me that day. "Deal?" I asked. "Sure, honey" was her reply as she rolled her eyes at me.

So we toured the town of Silverton for a bit, and then headed out (or up if you will) to find the goldmine. Just a little ways out of town, the paved road soon became dirt, and the two lanes soon became the width of one. I asked Beau what would happen if we met a car coming from the other way? "Oh mom, there's room, I just pull over to the edge a little bit." I tapped mom on the shoulder. No response. "OK, calm down", I said to myself. A little farther up the road he spotted an old footbridge that was extremely old and falling apart. It was off to our right and probably 200 feet below the road, so Beau pulled up at the very edge of the road for a better look. Mom put down her window, stuck her head out and Beau leaned over beside her to see it too. As they both leaned out the window as far as they could, I grabbed Arthur Brown and we scooted to the driver's side of the vehicle and leaned up against the door. I know it was the only thing that kept us from tipping over. I couldn't believe mom was enjoying this! As soon as we were on our way I settled behind her and I tapped, tapped again, tap tap tap. She just kept that sweet smile on her face the entire time and didn't say a word.

We finally did make it to the goldmine, walked around and took lots of pictures, and meandered back down the mountainside. I suppose that for all my worry, we never left the road that day. But there were injuries I'm afraid. Mom had quite a bruise on her shoulder the next day.

Tra-La-La-La-La

By ANN GREEN

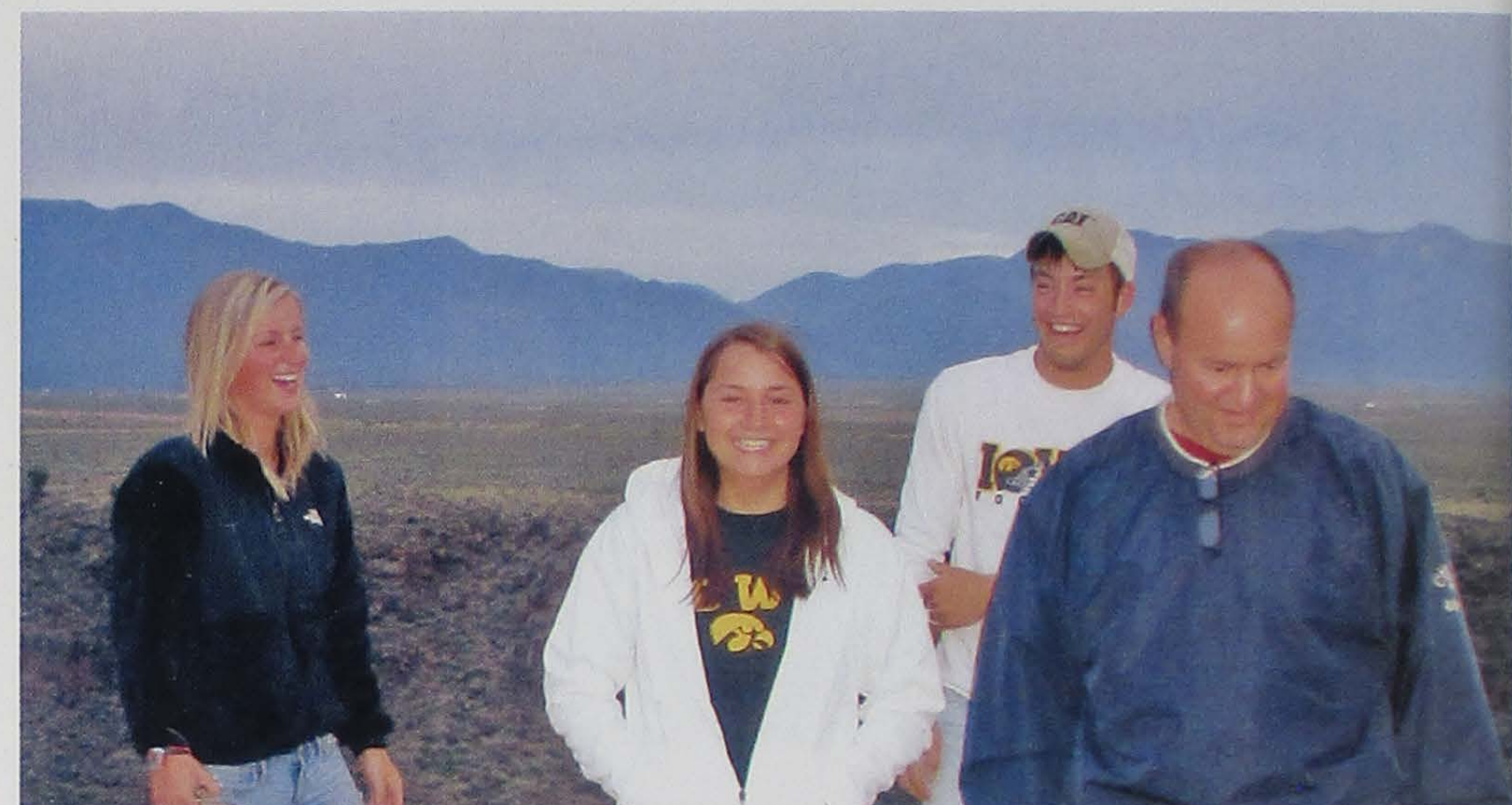
Ahh, it's New Year's Day; time for quiet reflection and passionate, if not stanch, resolutions. A quick glance in the mirror suggests this might be the perfect year for a meaningful attempt at weight loss. Or, maybe, I'll focus on my inner health; an exercise program might be just the ticket.

Then there's my flighty approach to writing; might this be the time to buckle down and focus on time management? No more mopping the floor or changing bed sheets before sitting down to face a blank computer screen. My neighbor would strongly encourage me to make a commitment to my illustrating dreams — if only I'd adhere to a daily sketching routine. And finally, in this time of economic hardship, maybe I should give up this pursuit of writing and illustrating and look for gainful employment. I know of a few people in my house who'd appreciate the extra income.

Such a smorgasbord of ideas; a regular buffet of self-improvement goals spread before me, ripe for the picking. Unfortunately, on the brink of choosing the perfect resolution, I am side-tracked by our television — another doomsday report spewed from the machine.

Like a sponge, I soak up this economic bad news. I wish I could say it goes in one ear and out the other. Instead I carry it with me; allowing it to cloud my judgment. See, I'm not actually a glass-is-half-full kind of person. In fact, my husband will back me up here; I can get downright grumpy with the barrage of negative news. And there it is — staring me smack dab in the face—my perfect resolution. I will be happy.

Now, I don't mean to take an ostrich approach to happi-



Ann Green's husband and children enjoy the simple pleasures.

ness. There'll be no sticking my head in the sand and tra-la-laing through my day. This is serious business. By lowering my stress level, being happy may have a positive effect on my health, and, call my crazy, but I think it will feel good, too.

To be properly prepared I need a plan. First, I'll monitor the

tive thoughts flitting through my brain. I wouldn't allow a friend to openly criticize me; yet I daily bombard myself with put downs and I can't statements. I can only hope to treat myself as well as I treat my friends.

I will appreciate my blessings. I can respect my body for the magnificent machine it is

jacket may fade and tear, the steak will be consumed, and one day the new house will need re-shingled.

Finally, I must remember there are events, both personal and global, I cannot change. I need to accept what I can fix, and ride out the tough times with minimal resistance. See, I've been through hard times before, but the sun still came up and the birds still sang. So even though my computer just crashed and the deadline for this article is looming before me, I'll throw another log on the fire; knowing in the end, I'll get done what needs to be done. So don't mind me if I'm tra-la-laing. I've resolved to be happy.

"I've been through hard times before, but the sun still came up and the birds still sang."

negative messages and images allowed into my life. This means curbing my morbid sense of fascination with negative hype. Why else would I be glued to the newscasts during the stock market meltdown when I don't own stock or, to be honest, don't understand it? This, also, includes being conscious of violence and harsh language in my regularly viewed programs.

Becoming aware of my inner thoughts may have an effect on my level of happiness. For starters, I will pay attention to nega-

regardless of how it looks; accept gifts of friendship, love and natural beauty; and acknowledge my accomplishments — be they large or small. Even in times of upheaval, I can look for the good.

The next step is realizing happiness doesn't come from things; acquiring more stuff will not make me happy. I understand a new denim jacket, a medium-rare steak, or even a new house in the timber can make me feel good. But I won't tie it to my happiness. The new

Recommended Books

"Happy for No Reason,"
by Marci Shimoff

"A New Earth Awakening
to Your Life's Purpose,"
by Eckhart Tolle

"The Passion Test,"
by Janet Bray Attwood and
Chris Attwood

JANUARY calendar

TUESDAY, JAN. 13

Learn about the heart and soul of America's greatest musical tradition — jazz. **"Get Hip!"** is an entertaining interactive multi-media introduction to jazz. The Metta Quintet is the official resident ensemble of JazzReach Performing Arts & Education Association, Inc. This New York City-based organization is dedicated to the promotion, creation, teaching and performance of jazz music. "Get Hip!" features original music written by renowned composer/recording artist Larry Goldings, an original script, live narration, large screen projections, and audience participation. The performance is at 10 a.m., Stephens Auditorium, cost is \$4. For more information, call (515) 294-3347.

THURSDAY, JAN. 8

Brown Bag Lecture, noon, Reiman Gardens. Bring your lunch to the Gardens and enjoy an education program. Attend each month and experience a new topic presented by local and regional professionals and lecturers. Free for CoHorts' members; price of admission for the general public. For more information, call (515) 294-2710.

FRIDAY, JAN. 16

The 44th annual Madrigal Dinners, Great Hall, Memorial Union. The pork dinner features dancers, jesters, musicians, fools and wenches. Social hour starts at 5:30 p.m., the fanfare for dinner is at 6:30 p.m. Tickets are \$38 (\$34 students, senior citizens and groups of 10 or more). For more information, call (515) 294-8349.

TUESDAY, JAN. 20

Translating Poetry into Images, Diane Fine, artist, Gallery, Memorial Union, 8 p.m. Fine will discuss her collaborative project with Pati Scobey currently on exhibit in the Memorial Union Gallery. Their collaboration explores the idea of translation from the written word to the visual.

THURSDAY, JAN. 22

Martin Luther King Jr. Day, 4 p.m., Great Hall, Memorial Union. Musical performances and speakers celebrate the life and legacy of Dr. King. The Advancing One Community Awards will be presented. Birthday cake graciously donated by Dining Services. For more information, call (515) 294-9934.

Floral Design Series, 7 p.m. Reiman Gardens. Each month learn new floral design principles while creating a unique floral arrangement to take home. Cost is \$26 for CoHorts' members, \$32.50 for the general public. Pre-registration and pre-payment are required. For more information, call (515) 294-2710.

SATURDAY, JAN. 24

Iowa State Dance Marathon, 9 a.m. to midnight, Durham Great Hall, Memorial Union. Iowa State has been helping families of children with life threatening illnesses for more than 10 years, giving financial and emotional support to local Iowa families. All of the money raised is given directly to University of Iowa Children's Hospital and Children's Miracle Network. For more information, call (515) 294-3805.

SUNDAY, JAN. 25

Goodnight Moon, 3 p.m., Stephens Auditorium. A Performing Arts Series at Stephens event, Goodnight Moon is a celebration of familiar nighttime rituals, while the Runaway Bunny's pretend tale of leaving home evokes reassuring responses from his loving mother. Both tales feature endearing rabbit characters, and the soothing rhythms of bunny banter and dream-like imagery infuse young readers with a sense of security. Mermaid Theatre of Nova Scotia's adaptation will bring a new sense of appreciation to stories that have delighted generations. Staged with narration and an original score, Mermaid Theatre's emphasis on imaginative design elements, puppetry, and classic texts provides a rich opportunity to acquaint very young audiences with the visual and performing arts as well as with the pleasures of reading. Ticket prices: Adults \$21; youth \$10; ISU students \$20.

TUESDAY, JAN. 27

Manning Marable, Columbia University, N.Y., was the founding director of the Center for Contemporary Black History and the Institute for Research in African-American Studies, which has become one of the nation's most prestigious centers of scholarship on the black American experience. Lecture series, 8 p.m., Sun Room, Memorial Union. For more information, call (515) 294-9934.

THURSDAY, JAN. 29

Mufaro's Beautiful Daughters, from 10 a.m. to 11 a.m., and from 12:30 p.m. to 1:30 p.m., Stephens Auditorium, tickets are \$4. A Caldecott Award-winning Cinderella story, this wonderful folktale celebrates virtue and kindness of the heart. Mufaro's pride and joy are his two daughters — Nyasha, who is sweet and kind, and Manyara, who is angry, cruel and self-centered. With traditional chanting and African song, drumming and a splash of audience participation, this show celebrates a great culture along with goodness, generosity and love. For more information, call (515) 294-3347.

ARNHILD'S KNITTING STUDIO
& FIBER ARTS SCHOOL

Classes Starting February 10, 2009

Basic Knitting

Tuesdays - February 10 - March 31
6:30 p.m. - 9:00 p.m.

Wednesdays - February 11 - April 1
1:00 p.m. - 3:30 p.m.

Norwegian Knitting

Thursdays - February 12 - April 2
6:30 p.m. - 9:00 p.m.

Registration Deadline

January 23, 2009

Private knitting lessons for one or two available.

For more information visit us at
www.arnhild.com or call
515-451-0584



**DORAN
CLINIC**
FOR WOMEN

Obstetrics, Gynecology,
Laser Surgery, Infertility,
Ultrasound

Robert F. Doran, M.D.
Timothy G. Leeds, M.D.
Joyce R. Lines, M.D.
Mary M. Rotto, PA-C
Nicole T. Singer, PA-C

Medical Arts Building
1015 Duff Ave. • Ames
239-6970
www.doranclic.com

Downtown Winter Wonderland

Winter treasures...



Everts

Flowers
Home & Gifts

329 Main Street • Ames
232-5634 • 800-909-5634
www.evertsflowers.com



Everts Flowers
carries a variety
of snowmen to
brighten your
home this winter.

Shop **Duck
Worth Wearing**
to save on good
used kids'
clothing, furniture,
maternity, toys
and much, much
more.



Stop by **Quilting Connection**, 238
Main Street to see the MegaQuilter
18x8 with Stitch Regulator, Imperial
Frame and QBot automated quilter.
Resolve to finish those quilt tops on
this great machine with 18" space
available between the needle and the
arm of the machine.



**Teal &
Tenacious**
Ribbon Cutting
and Open House
January 17th.
Stop in for
refreshments and
store specials
throughout the
day.



*Teal
&
Tenacious*

Distinctive Women's
Clothing & Accessories

Winter Clearance
throughout January
35-70% off

Hours: M,T, W, F 9:30-6, Th 9:30-8, Sat. 10-5
233-TEAL • 314 Main St. Ames

Husqvarna

Fabrics • Notions • Patterns • Classes • Books • Sewing Machines

VIKING

Quilting Connection

It's a great time to
take a class, learn
to quilt or start a
new project. If
your sewing
machine needs
updating, we have
a wide variety of
new and used
Husqvarna Viking
machines in all
price ranges.



Quilting Connection

238 Main St., Ames • 233-3048 • www.iaquilts.com
Holiday hours: Mon. and Thurs. 10-8, Tues., Wed., Fri. 10-5:30,
Sat. 10-5, Sunday-check first

**Duck Worth
Wearing**

We offer:

Kids' Clothing infant thru size 10
Furniture
Maternity
Much, Much More



BEST
OF 2008
Kids' Clothing
Store

BEST
OF 2008
Consignment
Store

To check our current inventory, visit our website
www.duckworthwearing.com

233 Main Street Ames • 515-233-4901
Hours: M,T,W,F 10-5:30; Thurs. 10-8; Sat. 10-5



Resolve to share...
a rich European latte at
Chocolaterie Stam.



Lyla's has
cozy
sweaters,
scarves,
boots, and
more.
Everything to
keep you
warm and
smiling this
winter.



Start off your healthy new year
with organic and natural foods
from **Wheatsfield Cooperative.**



JANOME Memory Craft 11000.
Now available at **Ames
Sewing & Vacuum Center.**
Ask about 0% financing.



**Images by
Ngaire** is moving
to 219 Main
Street starting
January 5th.
Open house
January 23rd
with special
coupons for
those that stop in
to visit!



Thread Banger TB12

\$299⁰⁰

\$70 Bonus! 10 Free Feet!

**AMES SEWING
&
VACUUM CENTER**



214 Main Street • Downtown Ames
232-1001 • 1-800-373-9736
www.amessewing.net



**Stam-your downtown
coffee destination**



Open
Mon-Sat 8:30- 8pm
and Sundays 1-6pm

**230 Main Street
515.232.0656**

Fine European Chocolates Since 1915

Amsterdam • Ames • Des Moines



IMAGES

by *Ngaire* photo and
design studio
www.ngaire.net 515.460.5555

New Location Under Construction!



413 Northwestern
Expected Opening
Early 2009



Visit our website,
www.wheatsfield.coop to see the
progress & learn how you can invest
in our future.



413 Douglas, Ames
515.232.4094
www.wheatsfield.coop
Open Daily 9am-9pm

**She's a new classic
woman. Modern,
sensual, and ever so
in love with life.**

404 Main Street, Ames
515-233-4941

Hours: M-T-W-F 10-5:30,
Th 10-8, Sat 10-5

Lyla's BOUTIQUE
for the woman in love with life
www.lylasboutique.com



[FOOD BITES]

RESOLVED

to eat healthy in 2009

By JOLENE PHILO

A weight loss plan is not one of my New Year's resolutions. Instead, a plan to serve and eat healthy foods more often tops my list. One of the hardest times for me to eat healthy is when I fix breakfast for overnight guests. My natural inclination is to fix something traditional like caramel rolls or coffee cake, and then throw in some fruit to alleviate guilt.

But this year our overnight guests will enjoy a whole grain, healthy breakfast of baked oatmeal. Sometimes called Amish oatmeal, variations on the recipe abound. This one comes from my cousin who serves it every September during our Labor Day Family Reunion. It's easy, healthy eating for a crowd, minus the guilt.

If you're also determined to eat more healthy foods in 2009, give this recipe a try. Whether you have overnight guests or not, dig in and enjoy baked oatmeal, guilt-free.

BAKED OATMEAL

¾ cup brown sugar
1 tsp. salt
1 tsp. cinnamon
3 ½ cups old-fashioned oatmeal
1 fresh apple, chopped
¼ cup dried fruit

2 cups milk
½ cup oil
2 eggs, beaten
½ cup applesauce
1 teaspoon vanilla
½ cup chopped walnuts

Preheat oven to 375 degrees. Mix dry ingredients in a bowl. Add wet ingredients and stir well. Add apple, nuts and dried fruit. Pour into greased 9 x 13 cake pan. Bake for 25 minutes.

RECIPE VARIATIONS:

- Experiment with raisins, cranberries, blueberries or cherries as the dried fruit.
- Instead of walnuts, try almonds or black walnuts for a slightly different taste.

We now produce our own.....

FULL COLOR

VINYL BANNERS

Introductory Pricing
\$3.99
From per sq. foot

Better Service . Better Value . Better People

Same Day Service on Most Banners!

- Vinyl Lettering for doors & windows
- Vehicle Wraps
- Yard Signs -Retractable Banner Stands
- 3M Adhesive Film like "FatHead" signs

A NEW@
Alpha
Copies
& Print Center

2310 Lincoln Way- Ames, IA 50014
www.alphacopies.com 515.292.3121



This New Year, resolve to help Mom with a move that makes you both happy.

- Independent Living
- Assisted Living in Madrid and Huxley



Serving You with Christian Compassion

613 West North Street Madrid, Iowa 50156-1059

Phone: 515-249-2637 www.madridhome.com

GIVE THE GIFT OF

relaxation

THIS HOLIDAY SEASON

Mary Greeley
Rehab & Wellness

**HOLIDAY
MASSAGE
SPECIALS!**



This holiday season Mary Greeley Rehab & Wellness is offering four specially priced massage packages. Whether you are treating yourself or indulging a special someone, these gift packages offer hassle-free shopping and great savings. We offer massage services in Ames and Story City.

Holiday Massage Packages

Package 1: 2 half-hour massages for \$52

Package 2: 2 one-hour massages for \$79

Package 3: 4 half-hour massages for \$96

Package 4: 10 one-hour massages for \$360

Special pricing available Nov. 28-Dec. 30

Story City
Story City Community
Health Care Center,
812 Elm Ave.

Ames
Lower Level Medical Arts
Building,
1015 Duff Ave.

For more information or to purchase your massage package, call us at 515-733-4029. Packages may be redeemed in our Ames and Story City locations.

**MARY GREELEY
REHAB & WELLNESS**

Specialized care. Personal touch.

www.mgmc.org/lfc

Girlfriend's guide to

financial independence

WHAT BANKING SHOULD BE

Sound investments are built on strong relationships.

At First National Investment Services, we believe banking should be based on a relationship with people you're comfortable with. That's why **we really get to know you** – so we can best identify your investment goals and how to achieve them. When you invest with First National, you invest in your future with **people you can trust**.

Contact Ric Nelson at (515-663-3074) to talk about your own investment needs.



1ST FIRST NATIONAL INVESTMENT SERVICES

First National Investment Services is not FDIC Insured. You may lose principal value. Investments are not bank guaranteed. Securities are offered through Linsco/Private Ledger. Member NASD (<http://www.nasd.com>); SIPC (<http://www.sipc.org>).



Bring on the New Year ... We are ready for change

By KAREN PETERSEN

2008.....a year of financial extremes.

- Gas prices high and crude oil predicted to go to more than \$200 a barrel.
- On Dec. 5, crude oil was less than \$41 a barrel, a four-year low.
- The Dow Jones Industrial Average (DJIA) was down more than 30 percent, no good news in sight.

Remember predictions about the price of crude oil.

- Major financial companies and the Big Three automakers are asking the federal government for a bailout.
- Job losses are the worst since 1974.
- "Sophisticated investments" that promised a safe, high return now worth zero.

It is easy to focus on the gloom and doom on the nightly news, talk about those scoundrels that arrived in Washington to ask for a handout in their private jets and the unscrupulous investment bankers that manipulated corporate profits to pad their bonus. No matter how much we would like the "financial crisis" to go away, it is unlikely either you or I have the ability to influence a sudden return to "normal." When we feel a lack of control it is easy to forget that we do have control in most areas of life, especially our money decisions.

Focus on what you can control; your own financial decisions.

Here is a little quiz to help you think about your financial successes in 2008 and make plans for an even more successful 2009.

How did you manage your spending?

- a. Tracked all expenses.
- b. I gave up shopping and took up reading and walking.
- c. I started taking lunch to work.
- d. I did not change my spending.

How did you manage your credit cards?

- a. Paid my credit cards in full each month.
- b. Reduced credit card debt.
- c. Increased credit card debt.
- d. Was not able to pay my credit cards on time.

What was your approach to saving?

- a. My savings equals six months of expenses.
- b. Savings account value increased in 2008; still not six months of expenses.
- c. My savings did not increase or decrease in 2008.
- d. I do not have emergency savings.

Which describes your approach to retirement savings?

- a. My retirement plan balance is down; I continue to contribute.
- b. I had to reduce my contribution; contribute enough for the employer match.
- c. I did not contribute this year.
- d. I took a loan from my 401k.

Will you make financial/investment changes in 2009?

- a. No, I am happy with my current financial situation.
- b. I want to do a better job of tracking and managing my spending.
- c. I will increase my retirement contribution; this is a great time to invest.
- d. I am going to move all my money to an FDIC insured account.

MEANINGFUL RESOLUTIONS FOR 2009

Spending and credit cards

1. Track how you spend your money
 - a. Keep receipts and record cash purchases
 - b. When you know how you spend, you may choose to spend differently.
2. Have and use no more than two personal credit cards.
3. If you are unable to pay "in full" each month, literally put the credit card in ice.
4. Record your credit card spending to determine what you charge.
 - a. Keep receipts and itemize
5. If you have trouble paying on time, automate the payment.

Savings and Investments

1. Begin a savings plan to accumulate six months expenses.
 - Remember progress deserves recognition; give yourself an "atta girl" each month your savings grows.
2. Do not spend money allocated to savings when you are short on cash.
 - If your savings is not growing you really are not saving.
3. Continue to invest in your retirement plan.
 - If you are not contributing the maximum increase your contribution by 1 percent every 6 months.
4. Understand risk tolerance and determine "your personal" risk tolerance.
5. Invest in a simple mix of stock and bond mutual funds based on your risk tolerance and time horizon.
 - If you do not understand the investment do not commit your money.

Make plans to control your spending, saving and investment decisions in 2009.....
because life is.....More than Money

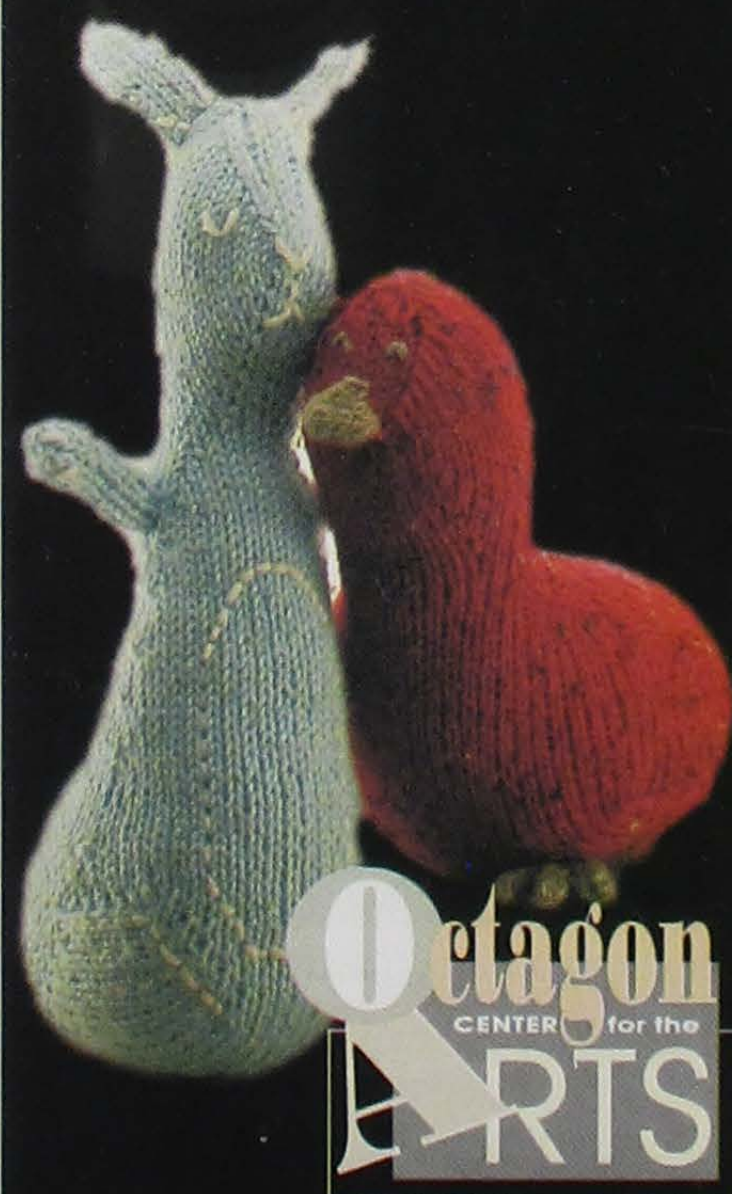
Karen L Petersen CFP® CDFA™ is a fee based financial advisor. You can contact her at (515) 232 2785 or karen@mymorethanmoney.net.

* Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.

Warm & Fuzzy Classes

STARTING in JANUARY:

- Beginning Knitting
- 3D Forms in Fiber
- Felting & Fulling
- Sock Knitting
- Tapestry Weaving & More!



427 DOUGLAS
AMES IA 50010
515 232 5331
www.octagonarts.org



Rethinking RESOLUTIONS

By AMY CLARK

Think about the first year you made a New Year's resolution to be healthier. Did it last throughout the year? Did you make it to summer? Now, imagine where you might be if you stuck to just one of those resolutions. Twenty pounds lighter? Off your blood pressure medications? Even though it seems impossible to stick to lifestyle changes come March, it is worth it when you can look back in December and say, "I did it!"

It has been estimated that nearly 70 percent of people who make resolutions will abandon them within three months. Many people make resolutions that are impossible to keep. This year, rethink your New Year's resolution with these tips:

Make reasonable goals. Set a weight-loss goal for each month. Aim for four pounds per month if you have more than 30 pounds to lose.

Think outside the weight-loss box. Set a different healthy goal, like eating an additional serving of vegetables each day or attending a new kickboxing class. Or, perhaps you want to drink more water, which keeps our skin clear and our kidneys clean. It is important for flushing toxins out of our system and aids in the absorption of important vitamins and minerals. Put down the coffee and soda and aim for eight 8-ounce glasses of water each day.

Get a check-up. If you know your blood pressure, cholesterol or body mass index (BMI) levels, then you can set goals to improve these numbers. Goals specific to lowering cholesterol could include eating more high-fiber foods or adding flaxseed to your morning cereal.

Count, then cut, calories. Don't change your daily diet

immediately. Instead, write down everything you eat for two days and count the calories you consumed. Try Web sites like calorie-count.com to calculate calories. After two days, you will have a better idea of what you really need to cut out of your diet. Keeping a food/exercise journal is also a proven method to losing weight.

Try something new at least once a month. Are you stuck in a rut of buying and eating the same things? Try new products and recipes to keep you interested in a healthful eating pattern. Take a little more time in the grocery store to discover new products. You'll be surprised at what you may find — a new low-sodium marinade, a new juice blend or a low-calorie stir-fry mix. Use our HealthyBites brochure at your local Hy-Vee store for new recipes and meal ideas.

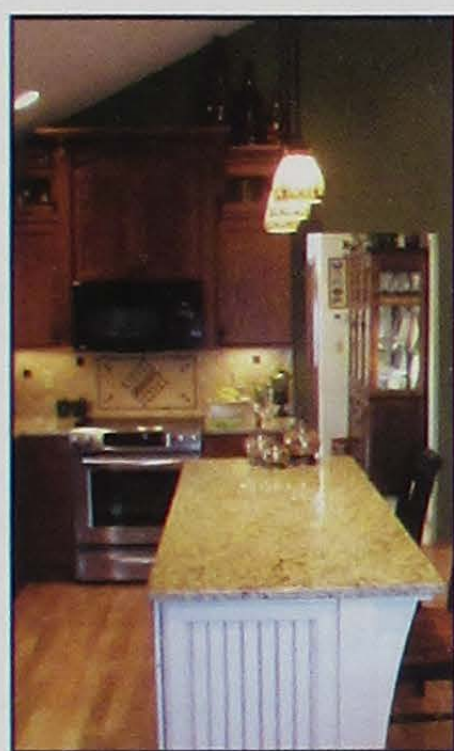
Become label savvy. Don't just buy a product because the package says "reduced-fat," "light" or "sugar-free." Take time to compare the Nutrition Facts Panel of different products. Look

first at the serving size, and then compare calories. Next, compare the nutrients that are of most concern to your personal health needs. You may find that the fat-free product has twice the sugar and sodium as the regular product. You may find that you could save yourself 170 calories by choosing a different type of yogurt. The nutrition label is your best defense in the grocery store — but you have to take the time to use it.

If you've tried these resolutions before with little success, try something new this year. Make it a goal to save more money or take a trip to see a friend in the next year. Remember, you do not have to make a New Year's resolution — it's not the law. However, it is a good time to look into your future and make positive changes for a better and healthier year.

The BEGIN Lifestyle Management program will start at your Ames Hy-Vee locations in mid-January. Call Amy Clark, your Ames Hy-Vee dietitian, for more details at (515) 450-0508.

No matter what your situation is The Ames Contracting Team can help...



After 16 years in their Ames home, Paulette and Tom Guerdet finally decided it was time to do something about the 1970's décor that graced their kitchen. "Tom just suggested that maybe we should get some estimates," recalled Paulette. "We had never done anything to it. We had changed appliances but nothing else. We wanted something more comfortable."

The Guerdets' quest for a local contractor began with the recommendation of another home improvement professional. "I chose (ACT) because of my cabinet maker, Lesa Terrones. I really clicked with Lesa. She was easy to work with in all ways. Because of her recommendation, we went with Geisinger. She had worked with them before and liked them, said very good things about them."

In Guerdet's estimation, Ames Contracting Team lived up to the praise of their colleague from Urbandale. "They did a nice job. They were very careful," Guerdet added her own praise. "They spent time and were patient. There was one lovely gentleman from Gibbs who was so cautious and careful about getting the refrigerator in without scratching the wood floors."

The Guerdets had their dining area expanded and their cabinets customized to create more convenient and useful storage space. They also added all new appliances and new lighting. The job demanded the Ames Contracting Team work closely with the team from Urbandale but the two teams coordinated their efforts with professionalism. The results speak for themselves. "The space is so inviting now and so useable," explained Guerdet. She has pull-out cabinets in her center island, storage space above her stove and space to move around with ease. She also has beautiful new tiles and appliances and a carefully selected chandelier installed by Thompson Electric.

The Guerdets were very pleased with the professionals from Ames Contracting Team who demonstrated respect for their home in the care and caution they took completing the project. "They did excellent work," said Guerdet.

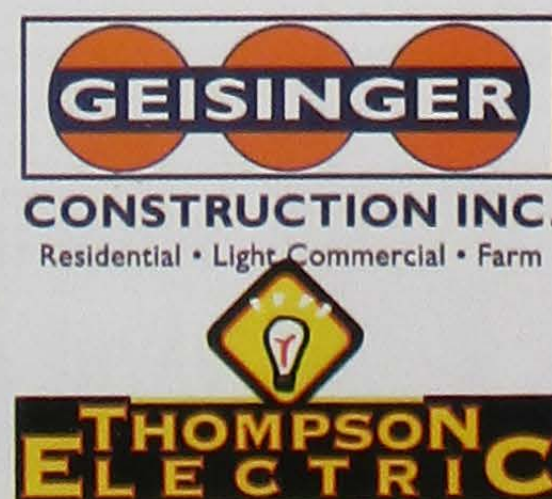
No longer is the Guerdet family kitchen a throw-back to the days of Jimmy Carter and the Bee Gees. Tom and Paulette can now relax and entertain in 21st century style. "It is just so much more comfortable," explained Guerdet.

Paid advertisement

**FLOORING
GALLERY**
PICTURE PERFECT FLOORS



Ames Contracting Team
From start to finish
the only team you need
515-232-5452



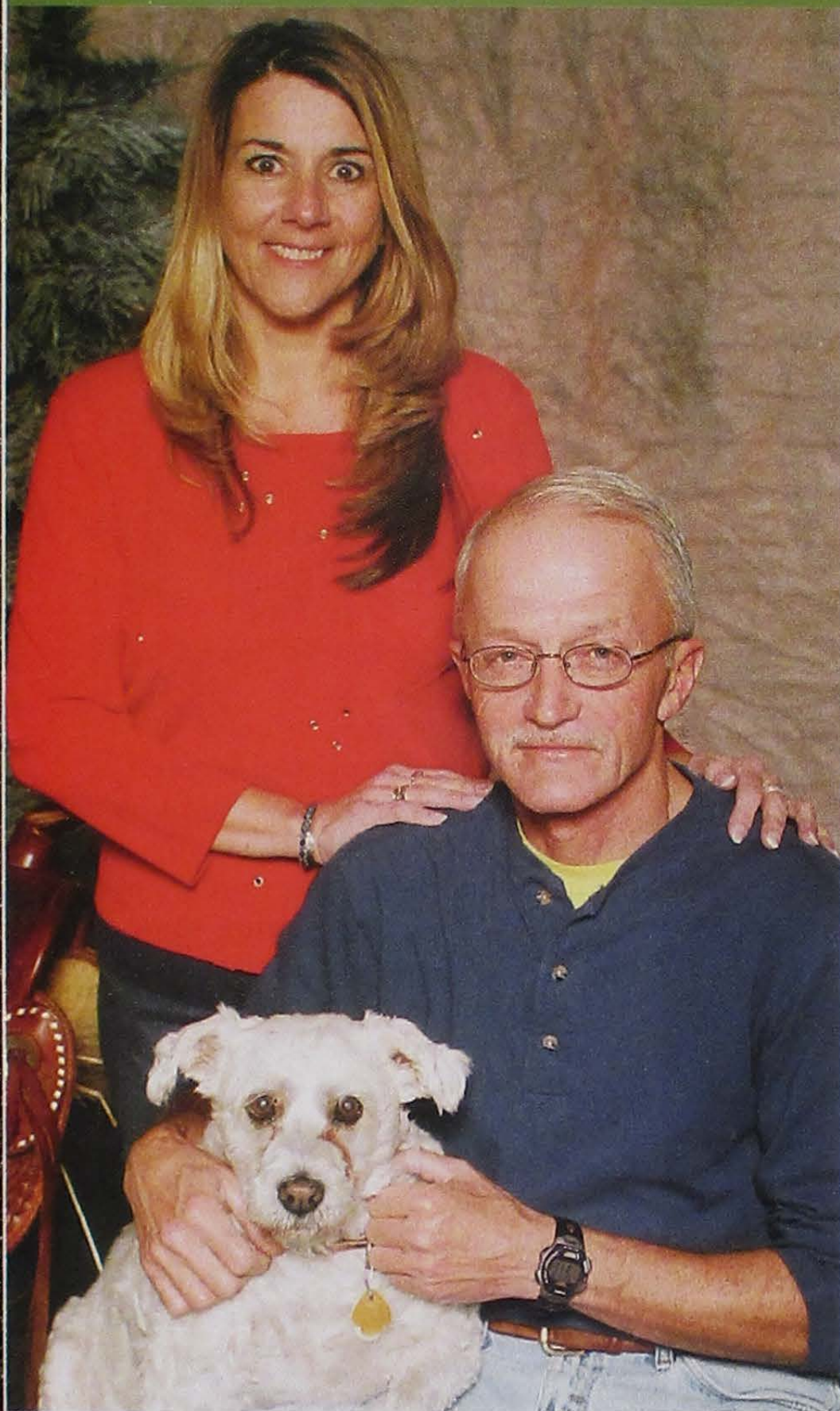
meet a faceted woman

Name: Jayne E. McGuire

Age: 52

Position: Main Street Cultural District, Director

Family: One very handsome cat, Clark



Jayne hangs out with her friend Mike Reinking and his dog Millie during a fundraiser for the Sioux City Humane Society Paws & Claus.



Jayne takes a break during the first stage of RAGBRAI 2008.

What would you do with \$1,000 to spend on yourself? Right now I would buy a new notebook computer. But that is the very practical side of me. A gift to me would be a new bicycle; a good road bike that will take me out on all the bike paths in Ames and on to discover Central Iowa scenery.

I never leave home without: Camera, sunglasses, credit card, cell phone and ID

Your favorite motto: I have a few but at this moment: "A rising tide lifts all the boats" — a quote from a JFK speech.

What have you accomplished that has made you proud? I graduated from college at the age of 48 and went on to graduate from the National Trust for Historic Preservation, Main Street Center as a Certificated Main Street Manager. I love my profession and have a passion about history and preserving our buildings and environment for the future generations.

If you knew then what you know now, what would you have done differently? I wouldn't want to know then what I know now. I am grateful for all the problems, troubles and trials of my past. They have all shaped me into the person I am today. I wouldn't have had the opportunities to learn and grow without them. I am happy with who I am today. I can say I have tried and failed, and tried and succeeded. It's all about progress, not perfection.

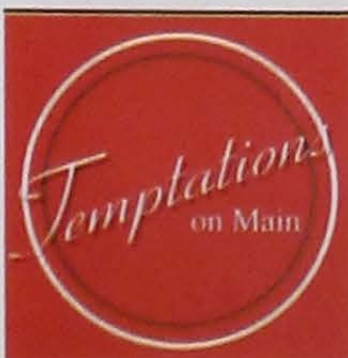
How do you reward yourself? I reward myself by going to out meet good friends for a meal or event. It is hard to schedule at

times but we all need to take some time to spend with those we care about.

My simplest pleasure: My simplest pleasure is the ability to get up every day and get out of bed. I try to not take for granted the gifts I have.

What financial advice would you give other women? Spend less than you make. Save a small amount out of every paycheck. Participate in company retirement benefits. Even \$10 from every check can add up. Think about what you really need before a purchase. If I bring something in, give something away. Only give to charities that you truly believe in. I found in this last move that I had spent my money on things, just stuff. Rent a dumpster and get rid of any thing you haven't touched or used in the past seven years. It will make you rethink holding onto years of accumulated junk. It is very liberating.

How do you give back to your community? I volunteer when asked and when I can make the time. From local theater to prairie restorations, and picking up trash on a river there isn't any job that is too small to volunteer for. Some of the finest people I know I have met while volunteering. Most of the work that has been accomplished in the communities I have lived in has been done by groups of dedicated volunteers. In this time of financial instability it is more important than ever to give the gift of time. It is the one resource that can't be renewed.



What is your favorite kind of chocolate?

JAYNE MCGUIRE:

Truffles, the melt-in-your-mouth slowly kind.



WE SHIP & DELIVER!

309 Main Street, Ames, Iowa 50010 • 515.232.6393 • TemptationsFineChocolates.com

Don't forget your vitamin D

It's the New Year, and maybe like me you have made the yearly resolution to take better care of yourself by exercising more and eating right. There are many experts in each of these fields so I will address a small part of the eating right that is linked to skin health.

Vitamin D, which the skin produces, has been in the news more in the past few years due to links with our overall health. Recent studies have shown its importance in possible prevention of heart disease and our immune system function. While there is much more study needed to access these mechanisms, having adequate Vitamin D levels would be beneficial. Just how much Vitamin D is enough is still being debated. The current recommendation for adults is a minimum of 400 IU per day which may be revised upward based on further study.

In the body, Vitamin D helps with the absorption of calcium and phosphate which are the minerals that make the bones strong. Deficiency of Vitamin D in children results in rickets manifested by bowed legs, abnormalities of the spine, chest and pelvis. Bones break more easily and growth is stunted. In adults because bones are already formed this

is called osteomalacia with bones becoming softer. Excess Vitamin D can result in excessive calcification of the bones, kidney stones, calcification of soft tissue, headaches, nausea and vomiting, weakness and constipation. Both conditions are rare in the United States. In the 1930s, Vitamin D was added to milk because of rickets in children and certain foods are licensed to be fortified with Vitamin D such as milk and cereal. There are few foods that naturally contain high amounts of Vitamin D such as salmon, tuna and egg yolks.

The skin produces Vitamin D with sun exposure and as little as 10 minutes of sun two days each week with exposure to the face, arms, legs or back can provide 10,000 IU of Vitamin D. Skin manufacture of Vitamin D is maximized at low exposure meaning that more sun doesn't help and certainly can damage the skin resulting in skin cancers and aging. Season, geographic latitude, time of day, cloud cover, smog, degree of skin color and sunscreen are factors that affect vitamin D synthesis. If you live above a line from the northern border of California to Boston (Iowa is in this range) then there is insufficient UV energy from November through February to generate

adequate Vitamin D through the skin. Recently some dermatologists advise 10 minutes per day of nonprotected sun exposure is adequate for the skin to manufacture Vitamin D. They are not advising any more exposure than that and if your skin is sunburned, that is three times more sun than is needed. The tanning industry is using the rationale that tanning is healthy because of the production of Vitamin D. However, there are better ways to get adequate Vitamin D than overexposure of the skin to damaging UV rays. The American Academy of Dermatology published a position paper in November 2008 that recommends continued protection of the skin with sunscreens and obtaining Vitamin D through diet and supplements.

I resolve to take my Vitamin D for a healthier 2009 and save my skin!

Sources: Dietary Supplement Fact Sheet, Vitamin D Office of Dietary Supplements, National Institutes of Health American Academy of Dermatology Position Statement on Vitamin D Oct. 1, 2008.

Kathy L. P. Cook, M.D., Board Certified Dermatologist, Skin Solutions Dermatology, 500 Main St., Suite 113 Ames, IA (515) 232-3006.

What is TMJ?

TMJ actually stands for temporomandibular joint. Everyone has two of them, located just below each ear. The term TMJ has been used for many years to describe a condition where one or both joints are not functioning correctly. The condition is more accurately called TMJ dysfunction. But everyone understands what TMJ means.

The temporomandibular joints and their associated muscles and ligaments allow your lower jaw to do all the activities associated with talking, chewing, laughing, swallowing, and smiling that we do hundreds of times a day, usually without any awareness or problem. They are unique joints, unlike any other joint in your body.

Typically 10 to 15 percent of the general population will have some sign of temporomandibular joint disorder during their life. Only about 4 to 5 percent of those persons will require treatment for the condition.

There are wide ranges of signs that can indicate a person is experiencing a TMJ problem. They range from the occasional irritating click in the joint when you eat to headache-type pain that can last for days and be quite debilitating. In many cases there are multiple symptoms that can be linked to jaw function closely enough to allow proper identification of the problem. However, in some cases the symptoms are vague and seem to be associated with structures that are at some distance

from the joint area. This situation can make diagnosis quite difficult and may result in treatment that is not helpful and which may make the condition worse. Symptoms can sometimes be similar to those associated with some serious problems in the head region. It is important to rule out these more serious conditions early in the diagnostic process.

So, what causes TMJ? There is not widespread agreement among researchers and clinicians as to what the cause or causes are. A number of causes have been put forth. But research has not yet provided support for one particular cause over another. Clinical trials show that a placebo treatment is often as effective as some of the recommended treatments. They also show that a treatment frequently shows inconsistent results.

Studies done on patients with temporomandibular joint problems reveal a wide range of data that is inconsistent. For example, early signs of TMJ dysfunction, if untreated, do not necessarily become more problematic later. Treating the problem early is not particularly more successful or preventative than treating it later. Typically, 90 percent of the patients are females. While it occurs somewhat more commonly during middle age, this problem occurs in people of all ages. Some studies show that the problem will resolve 50 percent of the time if left untreated. Signs and symptoms can present very differently from patient to patient.

When we look at facial form, occlusion, jaw relationship, missing teeth, and all the factors that could cause a jaw problem, no notable differences can be observed between people who have a TMJ problem and those who don't.

The consequences of all this inconsistency are far-reaching. It is difficult for schools to teach students how to deal with it. It is difficult to provide post-graduate courses to dentists on how to treat it. This makes it hard for dentists to provide help for patients with this problem. Because of this complexity many dentists do not treat patients with TMJ problems. Dentists also have a hard time providing referrals. Insurance companies are sometimes hesitant to provide coverage for this condition because of this inconsistency.

Dr. Paul Readhead has treated temporomandibular joint disorders and facial pain for 30 years as a part of his general practice. Most TMJ patients that he sees come to him on a referral basis. His treatment incorporates aspects of several different treatment regimes he has learned over the years and which he has found highly effective in addressing TMJ problems. His belief is that the underlying cause is a structural one and that it cannot be totally "fixed." It can usually be managed in a way that a person can be comfortable and pain-free.

Article submitted by Dentistry at Somerset.

hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

By MARY HALSTRUM, *Facets* Editor

As we say goodbye to 2008 and usher in 2009, it's that time of year again to make our New Year's resolutions. Every year we resolve to change something about ourselves; whether it's losing weight, being more patient, adhering to a budget, spending more quality time with our family or taking up a new craft, the beginning of the year always seems like the perfect opportunity to facilitate a positive change in our lives.

And of course, I'm no different. My New Year's Resolution for 2009 is to learn to relax, and to

stop being such a busybody. I know it may sound like a lame resolution, but I really do have a hard time relaxing. I'm always "doing" something. And there is a toll paid for never taking a break and "chilling out." I'm exhausted.

It all started back in my mid-20s when inexplicably I became a neat freak. I would clean my apartment, almost obsessively, whenever I had a free moment. The trash cans never got more than half full. I went through what seemed like a vacuum cleaner a year, the result of vacuuming every other day. Bathroom

towels hardly ever got more than one day's use. Seriously, I would sometimes clean my house at 1 a.m. in the morning if I thought it needed it. Thank goodness I was a night person, lived alone and didn't have to be at my newspaper job until 9 a.m. When I was single, this didn't really seem like a problem. I mean, who doesn't like a clean house with everything in order? I always got compliments when my friends would come over about how clean and tidy my place was. And even though I had cats, visitors could never tell unless they actually saw them come out from under the bed.

The same philosophy carried over after I got married and had children. I thought just because I had less time due to child-rearing responsibilities, it didn't mean my house couldn't be as clean as it had always been. In fact, I was still receiving compliments from visitors about how clean my house was in spite of working full time, having one child, two cats and a dog. And I liked that. It made me feel like I had it all together. I was a wife, a mother, an employee, and I could still keep a clean house, run all the errands and take care of the bills. I was superwoman, or so I thought.

The summer after my oldest daughter, Katharine, was born, my mother came to visit us in Southern California. She could tell by looking at my bloodshot eyes that I wasn't getting enough sleep. I told her that when Katharine takes a nap, I clean the house. She said, "Honey, when Katharine takes a nap, you should nap too." I asked, "Then when will I clean my house?" She said, "It'll get done, don't worry about it. Sometimes there

are more important things to do than clean your house. Nobody's house needs to be vacuumed every day." Of course she didn't have two cats, one big dog, a baby and a messy husband, so I figured what does she know?

Well, I can tell you now that I should've listened to my mother nearly seven years ago when she told me to relax, because since then I've added one more child, a bigger house, a part-time job, and I'm still obsessively cleaning and finding little time for relaxation. And it's finally starting to wear on me. So much so that I've realized I cannot keep up this frenetic pace. If the clean clothes sit in the dryer for an extra hour or even an extra day, does it really matter? If I vacuum only once a week, will anyone really notice? And who cares if they do? Do I absolutely have to unload the dishwasher at 10 p.m. at night? Will the world end if I don't get the kids' room picked up before they mess it up again? Can I wait one more day to get rid of the old leftovers in the refrigerator?

So my New Year's resolution is to learn how to take it easy and to not put so much pressure on myself to get everything done all in one night, every night. Anything I need to get done can be put off indefinitely. Besides, when my girls grow up they're probably not going to remember how many times a week I vacuumed, or if the kitchen floor was swept. But they will remember how Mommy played hide-and-seek with them, and how she always managed to find the best hiding places. That's more important to me than being admired for my clean house.



Learning Changes

Changing the learning experience since 1994

Specialized Services

- Reading • Comprehension • Math
- Written Language • Study Skills
- Standardized Test Prep
- Academic Evaluations

2010 Philadelphia
Suite 4
Ames

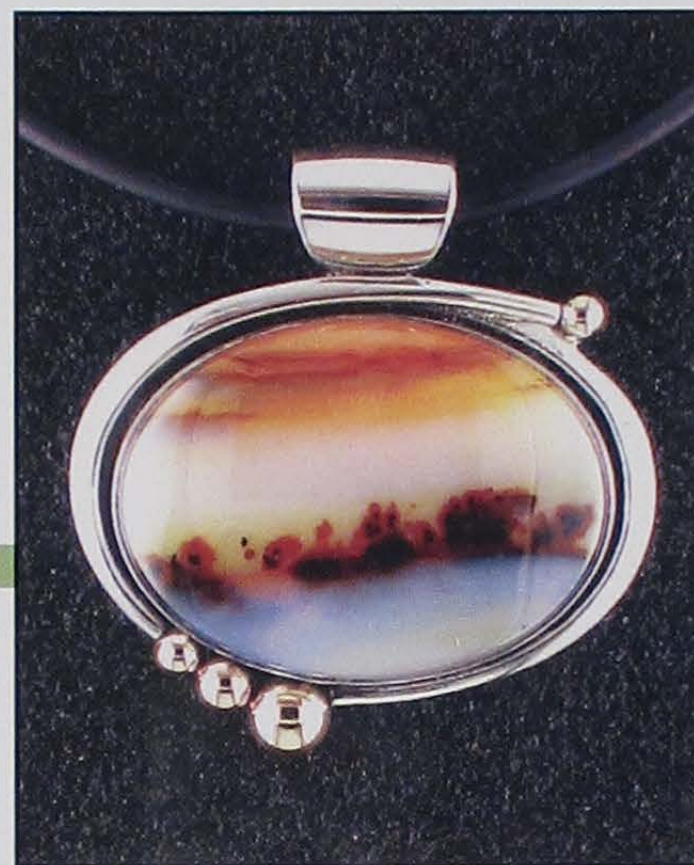
515-233-4475
Rebecca Anderson
Director and Public Speaker





scott solem

It is with great pleasure we feature three pieces designed and created by Scott Sorem, one of our four designers and goldsmiths. Scott has a keen eye for balancing shape, color, and movement and we are fortunate to have Scott on our team. Stop in today and let Scott design a unique piece for the one you love!



Ames Silversmithing Designers & Goldsmiths

220 Main Downtown 232-0080

www.amessilversmithing.com



A partnership between American Library Association
and FINRA Investor Education Foundation

free class

Sign up for *free* Smart Investing classes
at Ames Public Library, and get the
facts on your investment options.



Building Up: Tuesdays, February 3 - 24
(fine-tuning your portfolio & planning for retirement)

Retiring: Tuesdays, April 21 - May 12
(smart investing during retirement)

*Classes meet weekly at 7pm at Ames Public Library,
or take them at your own pace online.*

These free courses are taught by Iowa State University Extension specialists and investor education experts. Registration is required. Visit www.amespubliclibrary.org or call (515) 239-5633 to sign up.



AMES PUBLIC LIBRARY
515 DOUGLAS AVE. AMES, IA 50010-6215



IOWA STATE UNIVERSITY
University Extension
ALA American Library Association

LAUREN

RALPH LAUREN

FLOORCOVERING



INTRODUCING LAUREN FLOORCOVERING

**Sale event now in progress... up to
20% off through January 12, 2009**



310 S. 16th St. | Ames | (515) 232-2200 | www.FlooringGallery.com